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Monday, May 7, 2012

News worth sharing.

Police: Man killed in altercation outside bar

Bar brawl. Fatal incident outside northside bar the third killing in a week, bringing city's 2012 homicide count to six



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Several disturbances at an Edmonton bar may have led to a fight outside that left a man dead early Sunday, police say.

Officers responded to a weapons complaint near the Diesel Ultra Lounge at 118

Avenue and Wayne Gretzky Drive around 3 a.m. Sunday morning.

"Upon arrival, there was a large crowd of people," said Insp. Brian Nowlan. "We learned somebody had been injured and taken to hospital."

The man, believed to be in his early 30s, made his way to the Royal Alexandra Hospital where he died, said Nowlan, who could not confirm a gunshot wound as cause of death.

An autopsy is scheduled for Monday.

Bar management and staff are co-operating, and multiple witnesses are being

interviewed.

"(There was) a disturbance inside, and then, while everybody was leaving the bar, another disturbance erupted outside," said Nowlan, adding it is not yet clear if the incidents are related. "As you can imagine, at 3 a.m. the bar had just let out, so there's a huge number of witnesses."

It is the sixth homicide of the year and the third in a week, compared to the 19 recorded at this time last year.

Follow Heather McIntyre on Twitter @MacstheWord



An Edmonton Police Service officer collects evidence outside the Diesel Ultra Lounge, where a man was fatally injured after an alleged altercation. The bar, connected to Flow Lounge and Grill and the Coliseum Inn, was blocked off most of the day Sunday as forensic teams scoped out the scene. HEATHER MCINTYRE/METRO

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Speed reduction

Community support could put the brakes on cars indefinitely

The voice of a community could slow things down, as the city has drafted a speed reduction pilot project policy.

The measure "intends to figure out how we look at and evaluate communities for the 40 km/h speed limit," said Gerry Shimko, executive director with the city's Office of Traffic Safety.

A reduced limit from 50 km/h was implemented in six communities in 2010 as part of a pilot program.

Three — Woodcroft, King Edward Park and Ottewell — opted to keep it after results showed five of the six communities saw a reduction in collisions and all six saw speed reductions.

A city-wide change was turned down by council. Instead, they asked for an application process to implement the slower speed.

The first draft of the policy, headed for a council committee Tuesday, suggests a letter of support from the community league, at least 60 per cent support from the community, and a recommendation from transportation staff who have studied the area.

"It has to be started by the community and supported by the community for us to consider it," said Shimko.

Transportation boss Bob Boutillier said a number of communities have concerns about short-cutting, increased traffic and speed but other measures, such as narrowing wide streets or installing speed bumps, are better in some cases, depending on the design of the road.

HEATHER MCINTYRE/METRO



Citizen spring cleaning in the Edmonton River Valley

Kevin Moore, volunteer and special projects co-ordinator with the City of Edmonton, puts bags of garbage collected in the area of Louise McKinney Park into the back of his truck on Sunday. The annual River Valley Cleanup sees groups of volunteers collect litter discarded throughout the river valley.

HEATHER MCINTYRE/METRO

Half of Tory cabinet may see a major shuffle: Source

Announcement.

Premier Alison Redford could be add a host of new executive faces



JEREMY NOLAÏS

jeremy.nolaïs@metronews.ca

Premier Alison Redford is set to swear in a long-term cabinet Tuesday that could be chalked full of new faces, Metro has learned.

A unnamed source within government said that along with five vacant cabinet positions to fill, the premier may also tap a half-dozen other newcomers to join in key government positions.

"I would say there's a prob-

ability of 10 or 11 returning faces and the other half will be new," the source said Sunday.

"The last cabinet was kind of a caretaker cabinet — it was only there six months."

Speculation has emerged that former Calgary Ald. Ric McIver may be appointed to the vacant finance minister post and could also pick up responsibilities through a merging of that position with the Treasury Board portfolio.

There is also discussion of combining the justice and solicitor general roles, held by Verlyn Olson and Jonathan Denis, respectively.

Along with McIver, others in line for a promotion could include Lethbridge MLA Bridget Pastoor and newly elected Calgary MLA Donna Kennedy-Glans, whose back-

ground makes her an attractive candidate for the energy portfolio, the source said.

University of Alberta political science professor Jim Lightbody believes Human Services Minister Dave Hancock and Environment Minister Diana McQueen may have the most to lose come Tuesday, as the premier attempts to shed influence of the old Tory guard and search for areas where she can make progressive change.

Redford "got a clear victory.... She's calling the shots now," Lightbody said, referring to the Tory majority victory achieved in last month's provincial vote.

Follow Jeremy Nolaïs on Twitter @Metro_Jeremy

Source says ...

- **Hot seat.** The source within government told Metro that Advanced Education Minister Greg Weadick and Minister of Seniors George VanderBurg may also be on the hot seat as the premier opts to promote some new faces to the Tory cabinet.
- **Pure speculation.** Speculation of change in the high-profile health and education ministries does not appear to hold any merit, the source said.

1

NEWS

On the web

Walking in a cartoon's (in)famous footsteps

Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series — including, of course, a stop at The Drunken Clam. Go to metronews.ca for more.

Mobile news



Test-tube babies have higher rates of birth defects, and doctors have long wondered whether it's because of certain fertility treatments or infertility itself. An extensive new study from Australia suggests both may play a role. Scan for the story.



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France. World leaders congratulate newly elected president on win

Prime Minister Stephen Harper has called France's new president-elect — Francois Hollande — to congratulate him on Sunday's election victory.

The prime minister's office said in a news release that Harper emphasized the shared values and deep historic, cultural and linguistic ties between Canada and France.

Harper also expressed Canada's desire to work closely with France on a full range of international issues.

U.S. President Barack Obama called Hollande after the results were announced, the White House said in a statement.

"President Obama indicated that he looks forward to working closely with Mr. Hollande and his government on a range of shared economic and security challenges," the statement said.

Obama invited Hollande to visit the White House before this month's G8 summit at Camp David, Md. Hollande is also expected to attend the NATO summit in Chicago later this month.

Britain's conservative



Francois Hollande
THE ASSOCIATED PRESS

Prime Minister, David Cameron, and Italian Premier Mario Monti also called Hollande to congratulate him.

Nicolas Sarkozy is the latest victim of a wave of voter anger over spending cuts in Europe that have ousted governments and leaders in the past couple of years.

THE ASSOCIATED PRESS

France elects Socialist Hollande as new leader

Victory speech. "You are a movement lifting up everywhere in Europe, and perhaps the world," Francois Hollande says

France handed the presidency Sunday to leftist Francois Hollande, a champion of government stimulus programs who says the state should protect the downtrodden — a victory that could deal a death blow to the drive for austerity that has been the hallmark of Europe in recent years.

The president-elect inherits a country deep in debt and divided across racial and ethnic lines.

Hollande narrowly defeated the hard-driving, attention-grabbing Nicolas Sarkozy, an America-friendly leader who led France through its worst economic troubles since the Second World War, but whose policies and personality proved too bitter for many voters to swallow.

Hollande will take office no later than May 16.

With 95 per cent of the vote counted, official results showed Hollande with 51.6 per cent of the vote compared with Sarkozy's 48.4 per cent, the Interior Ministry said. The turnout was a strong 81 per cent.

"Too many divisions, too many wounds, too many breakdowns and divides have separated our fellow citizens. This is over now," Hollande said in his victory speech.

"The foremost duty of the president of the Republic is to unite ... in order to face the challenges that await us." **THE ASSOCIATED PRESS**

Quoted



"I take responsibility ... for the defeat."

Incumbent Nicolas Sarkozy, who told supporters he did his best to win a second term, despite widespread anger at his handling of the economy.



Supporters of Socialist Party candidate Francois Hollande react after the first results of the second round of French presidential elections in Paris on Sunday. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Greece. Voters punish top two parties in elections



A man waits to enter a voting booth at a polling station in Athens on Sunday. KOSTAS TSIRONIS/THE ASSOCIATED PRESS

Furious Greeks punished the two parties that have dominated politics for decades in the crisis-battered country Sunday, leaving its multi-billion-dollar international bailout — and even its future in the euro currency — hanging in the balance.

With more than 83 per cent of the vote counted, Greece appeared to be heading toward political stalemate.

Nobody won enough votes to form a government, and the two parties that backed the bailout — the conservative New Democ-

racy and socialist PASOK — conceded they need to win over adversaries to form a viable coalition.

New Democracy was leading with nearly 20 per cent of the vote, which would give it 110 seats in the 300-member parliament.

PASOK, which has spent 21 years in government since 1981 and stormed to victory with more than 43 per cent in 2009, saw its support slashed to about 13.5 per cent. It will have just 41 seats, compared to 160 in the last election.

THE ASSOCIATED PRESS

Thailand

Explosions, fire kill 12: Officials

Officials say explosions and a fire at one of the world's largest petrochemical industrial estates have killed 12 people and injured more than 100 others in eastern Thailand. The blasts Saturday forced the evacuation of more than 1,000 people living near the industrial estate, Thailand's largest industrial park. Authorities are investigating the cause of the explosions, which occurred when workers were cleaning a chemical tank.

THE ASSOCIATED PRESS

Germany

Clashes leave 29 officers injured

Clashes erupted in Germany when police tried to separate competing rallies by an ultraconservative Muslim group and a small far-right march, injuring 29 officers, authorities said Sunday.

The trouble in Bonn started when hundreds of Muslims protested against the rally of about 30 supporters of the local far-right party Pro NRW, which showed unfavourable cartoons of Islam's Prophet Muhammad.

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Concealment of Identity. Feds support bill to outlaw masks at riots

Conservative MPs are hoping to unmask rioters with a bill that will make wearing a disguise at a riot or "unlawful protest," a criminal offence punishable by up to five years in jail.

Attorney General Rob Nicholson announced Sunday the government is supporting a private member's bill brought forward by Alberta MP Blake Richards, called the Concealment of Identity Act.

"Canada's justice system must not put the rights of criminals ahead of the rights of law-abiding citizens," said Richards. "The Concealment of Identity Act would give

police the tools they need to identify offenders who cause damage to this country's neighbourhoods," he said.

Taking part in a riot is currently an offence with a maximum jail sentence of two years.

Wearing "a mask or other disguise" will increase that maximum sentence to five years, if the bill is passed.

The bill also applies to unlawful assemblies, which are defined as gatherings that don't turn into riots but do cause fear. In that case, masked participants could face six months in jail.

JESSICA SMITH/METRO

Kamloops, B.C.

50 treated for carbon-monoxide poisoning at hockey game

About 50 people have been treated for carbon-monoxide poisoning following a hockey game at a private

arena in B.C.'s Interior.

The incident happened Saturday during a game between members of the Canadian Coast Guard and Department of Fisheries and Oceans in Kamloops.

Only three patients remained in hospital on Sunday. A boiler was the cause of the problem.

THE CANADIAN PRESS

Mental Health Awareness Week kicks off today

Inspiring others.

Join Arthur Gallant for an online chat Wednesday at 7 p.m. on facebook.com/cmhaontario

DAVE
BAXTER

ottawa@metronews.ca

Arthur Gallant says his entire life has been shaped by mental illness.

"I have not really known a life without depression," said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. "It's a part of who I am."

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to inspire others who may be suffering with similar problems but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental



Arthur Gallant, who suffers from clinical anxiety and depression, says he talks about his mental illness in an effort to open people's minds. METRO

health services, said he wants people to know that mental illness, while not a visible ailment, is nothing less than a real disease.

"Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes."

Though he believes society's attitudes toward those with mental illness started

to improve in the early part of the last decade, technology has now stalled those improvements.

"Social media has made it worse," he said. "I started taking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help."

However, he's not giving

On the web

For more coverage on Mental Health Awareness Week go to metronews.ca or mentalhealthweek.ca.

- Watch a mini-documentary on Arthur Gallant and his battle with depression. Peter Coleridge, CEO of the Canadian Mental Health Association, dispels myths.
- Canada is about to get its first ever national mental health strategy.

up. Gallant credits a strong support system for helping him battle his disease, and is hoping to provide that support to others while fighting stigma through a live online video chat Wednesday on the Canadian Mental Health Association Ontario Facebook page, from 7-8 p.m. Eastern.

Gallant expects as many as 20,000 will join in. "I want to use my story to create a better world."

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To register and for full contest details visit clubmetro.com.

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Tornado hits Japan research hub

Natural disaster.

Teenager dead, more than 30 injured and about 200 homes damaged as rare tornado hits Tsukuba city, near Tokyo

A tornado tore through a city northeast of Japan's capital on Sunday, killing one person, injuring dozens of others and destroying scores of houses.

Firefighters and medical teams rushed to the area after the tornado struck Tsukuba city, 60 kilometres

from Tokyo.

The city is a science centre, with dozens of research and academic institutes, but the tornado appeared to mostly hit residential areas.

A 14-year-old boy died after being injured by the storm, Tsukuba Medical Center said.

More than 30 other people were injured, including at least 10 who were being treated at hospitals, fire officials said.

Details of the death and injuries were not immediately available.

Public broadcaster NHK showed rows of houses without roofs, apartment

complexes with smashed balconies and shattered windows, and tilting telephone poles that could barely stand.

The broadcaster said that about 200 homes were damaged.

Tokyo Electric Power Co. said 24,000 homes were without electricity as lightning added to the storm's damage.

Tornadoes are relatively rare in Tokyo and the surrounding area.

THE ASSOCIATED PRESS



For more local news visit metronews.ca/edmonton



People look at damaged buildings after a tornado struck Tsukuba city, northeast of Tokyo. The tornado tore through the area, injuring at least 30 people, destroying dozens of homes and leaving thousands more without electricity. YOMIURI SHIMBUN/TETSU JOKO/THE ASSOCIATED PRESS

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Murdoch's scandal follows classic media baron script

Ambition to hubris.

Mogul's fall from grace is a familiar story in the world of global media conglomerates

If the phone-hacking scandal gripping Rupert Murdoch's News Corp. empire has a familiar ring, it might be because you've heard the story before. Scrappy outsider turns modest newspaper business into international media conglomerate. Ambition turns to hubris. Mogul dramatically falls from grace.

From William Randolph Hearst to Rupert Murdoch, many media barons' stories follow a familiar arc.

"He's one of a series," said James Curran, a professor of communications at Goldsmiths University in London. "He seems to me to be in the same press-baron tradition."

Before Murdoch came Robert Maxwell and Conrad Black, both of whose careers at the top of the British media establishment ended in disgrace. Before those two came Lord Beaverbrook, the Daily Express owner whose excesses were lampooned by Evelyn Waugh in his 1938 novel *Scoop*.

Earlier still was the New

Fallout

- Once one of the most powerful forces in British politics, courted by Labour and Conservative leaders alike, Murdoch has seen his clout wither amid the scandal over illegal eavesdropping at his News of the World tabloid.
- Revelations of widespread illegality there have led to the arrests of dozens of journalists and media executives, the resignations of high-flying political operatives and police leaders, and hundreds of millions of dollars in legal costs.

York Journal's William Randolph Hearst, who has become linked to the swash-buckling maverick at the centre of Orson Welles' 1941 classic *Citizen Kane*.

Black's and Maxwell's careers were blighted by criminality. Maxwell, having raided his newspaper's pension fund, drowned under murky circumstances in 1991; Black was only released Friday from a U.S. prison following a 2007 conviction for cheating his shareholders.

But Murdoch's story has

little to do with those of Black or Maxwell, said Tom Bower, biographer of the latter.

"There is a sharp difference," said Bower, explaining that Murdoch built "a huge and successful business" based on hard work and sharp elbows, while his competitors failed because they had created "flimsy businesses based on fraud."

Murdoch, who outmanoeuvred Maxwell and Black to stay at the top of the British newspaper scene, has so far avoided falling into the same abyss that swallowed his competitors.

Even his most strident critics don't accuse him of anything worse than "wilful blindness." He remains at the head of a successful media company, responsible for record-smashing films like *Avatar* or TV hits such as *The Simpsons*, and News Corp.'s share price is riding high.

His influence in Britain, however, has undeniably suffered. Politicians who once scrambled to kiss his hand are now lining up to boast about how independent they were. Prime Minister David Cameron, who in 2008 flew out to the tycoon's yacht to seek his blessing, acknowledged last week that "we all did too much cozying up to Rupert Murdoch."

THE ASSOCIATED PRESS



Canada's last penny

The last Canadian penny ever to be made, displayed by Minister of Finance Jim Flaherty after it was struck at the Royal Canadian Mint in Winnipeg Friday, is going to Canada's currency museum in Ottawa. In the coming months, retailers will start to round up or down the tax-included price of cash purchases to the nearest five cents.

THE CANADIAN PRESS

Succession planning

Buffett's cancer draws attention to replacement

Warren Buffett worked to reassure shareholders that he's feeling good after his recent prostate-cancer diagnosis, and that Berkshire Hathaway is ready to replace the revered 81-year-old investor when the need arises.

Based on the questions Buffett got from the crowd of more than 30,000 at the company's annual meeting in Omaha on Saturday, Berkshire shareholders are taking him at his word.

Despite the fact that Buffett just disclosed the condition last month, many of the questions at the meeting either focused in on technical aspects of Berkshire's many businesses or dealt with general economic or political topics.

THE ASSOCIATED PRESS

Product defect

Chrysler recalls vehicles over possible failures

Chrysler is recalling 119,072 cars after discovering that the antilock-brake and electronic-stability-control systems can fail because of an overheated power supply.

The model year 2011 and 2012 Chrysler 300s and Dodge Chargers will have a fuse changed and relocated. Chrysler Group LLC will cover the repair costs.

The condition first surfaced on a Michigan State Police training vehicle. Chrysler told the National Highway Traffic Administration it is not aware of any crashes, injuries or fires related to the overheating. Vehicle owners may contact Chrysler at 800-853-1403.

THE ASSOCIATED PRESS

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Exposing data. Domain-name expansion delayed

The organization in charge of expanding the number of Internet address suffixes — the ".com" part of domain names — is apologizing for delays but says it's favouring quality, not speed.

Three weeks ago, the Internet Corporation for Assigned

Names and Numbers (ICANN) abruptly shut down a system for letting companies and organizations propose new suffixes after it discovered a software glitch that exposed some private data.

At the time, ICANN planned to reopen the sys-

tem within four business days. The system remains suspended indefinitely.

ICANN has said it needed time to figure out why the software failed and how to fix it. That was completed last week, Beckstrom said, but ICANN still must undergo

extensive testing on the fixes and inform companies and organizations whose data had been exposed.

He declined to offer a timetable; ICANN said Friday it planned to provide an update after Tuesday.

THE ASSOCIATED PRESS

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BRIGHT IDEA FOR HIGH LEVEL BRIDGE



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

On Friday, my friend and colleague Robert and I were driving across the High Level Bridge. I opined that the least we could do with this structural marvel would be to paint it an interesting colour, maybe a nice marigold since it is our city's flower. Doing so would certainly make a statement about the bridge's place in the history of our city.

It seems to me that it is just about due for a repaint. I would think that we could set up a fund that the public could contribute to if using a different colour increased the cost of doing so.

Next year will mark the 100th anniversary of the bridge, and I trust it will not pass without notice.

Light bulb went off

Before you start calling me a loon, imagine for a moment you are making your first visit to Edmonton. You arrive at night and make your way downtown. As your cab turns down the hill that leads to the Walterdale Bridge, you look over and see a spectacular light mural suspended over the river.

It that would not draw an inordinate amount of electricity.

LED lights would be one way of doing that and the use of fibre-optic cable would be another.

Using fibre-optic cable opens up myriad possibilities. Rather than just simply lighting the spans of the bridge, perhaps we could actually create a light mural on it.

The city could commission something that speaks to the nature of our city.

Before you start calling me a loon, imagine for a moment you are making your first visit to Edmonton.

You arrive at night and make your way downtown.

As your cab turns down the hill that leads to the Walterdale Bridge, you look over and see a spectacular light mural suspended over the river.

Tell me if that might make you think that you were visiting an interesting place.

Tell me if something like that would really put us on the map.

On another note, thanks to Madison for being as good as her word and actually reading my column.

Worth mentioning

Details of classic American snacks get lost in translation

Russians prefer their Lay's potato chips dusted in caviar and crab flavours. The Chinese like their Oreos stuffed with mango and orange cream. And in Spain, Kellogg's All-Bran cereal is served floating in hot coffee instead of cold milk.

Americans might get squeamish at the thought of their favourite snacks

being tweaked. But what works in the U.S. doesn't always work everywhere.

The challenge for snack makers is that people in other countries have different tastes. Consider the Oreo, which Kraft Food Inc. introduced in China in 1996. Sales of the vanilla cream-filled chocolate cookie sandwich were respectable there, but the Chinese didn't completely take to it.

So Kraft decided to tweak the Oreo. The result? Over the past five years, Kraft said sales have grown an average of 60 per cent a year. **THE ASSOCIATED PRESS**

A droplet's rainbow ebb and flow



TOBIAS BRÄUNING

Picture perfect

Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled *Dancing Queen*, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. **METRO**

60 seconds



Tobias Bräuning

What do you see here?

I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

How did you create these striking shapes?

I used electromagnetic solenoid valves to generate the drops. I also

made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

You must have used a very rapid shutter speed.

No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second — to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

As a photographer, what do you want to tell the world?

I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects.

METRO

Shutter happy

"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured short before touching the splash."

Tobias Bräuning

Pregnant woman keeps on pedalling

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Talk about born to ride!

While some cyclists will tell you that travelling by bike is the best way to connect with your community, this family will show you.

You could even say that Sarah Chan's three-year-old son Dexter has actually been riding bikes since before he was born.

Chan kept cycling throughout all three terms of her pregnancy — she stopped 12 hours before her water broke.

Now pregnant with her second child, due May 30, Chan is still pedalling.

For the 31-year-old Edmontonian mother, cycling offers a new (slower, street-

level) perspective on 100-mile living.

"Once you start powering your own transportation, you start changing where you eat, shop, and play."

Chan has encountered odd looks and even some naysayers, she says. "It is odd," she admits, "for a mid-sized North American town."

Of course, pregnant cycling isn't for everyone (consult your physician first!). But even if you don't have a baby bump encroaching on

your handlebars, grab your wheels, discover your neighbourhood and go local with your spokes.

To learn more, visit Sarah's blog at girlsandbicycles.ca.

CRAIG AND MARC KIELBURGER

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SCENE

Box office

Avengers assemble a box-office smash

Captain America tells the Incredible Hulk to do his smash thing in *The Avengers*, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a \$200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of \$169.2 million for the debut of last year's *Harry Potter* finale.

THE ASSOCIATED PRESS

On the web



Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice



The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horowitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

Yauch: A music maverick

Remembering a Beastie Boy.

Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON
AND PAT HEALY
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to *Rolling Stone*, Yauch, who went by the stage name MCA, was diagnosed in

2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz. They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so

unique was not only their pioneering work with sampling and their dedication to evolving into a band who played their own instruments, but also their style of team rapping where even within a single line of a song, all three members might utter a different single word to make the line complete.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans. He also organized the Tibetan Freedom Concerts.

Not only will MCA be re-

Condolences

Beastie Boys key part of Madonna's music history

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was one of a kind and that the group was

important to her musical history. The singer says the seminal hip-hop group was "integral to the musical revolution that was happening at the time." Madonna says she was sad to hear of Yauch's death and asked God to bless his family. The Beastie Boys opened for Madonna on tour in the 1980s.

THE ASSOCIATED PRESS

membered as the Beastie with the raspy voice and the social conscience, but also for his role in immortalizing the trio with

his video direction. His directing credits include *So Whatcha Want*, *Intergalactic*, *Body Movin* and *Ch-Check It Out*.



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@MileyCyrus

Fairy tales are girl porn.



@ConanOBrien

Ever get really into playing a video game, only to discover it was just one of those high-tech Japanese toys?

Careful when Bynes is behind the wheel

Amanda Bynes hasn't been having much luck with cars. The actress was reportedly involved in a hit-and-run when her Range Rover sideswiped another car while trying to pass on the right, according to TMZ.

Sources say Bynes continued driving on after the collision, but she reportedly cooperated with police once they caught up with her, telling them that she was unaware she had struck the other car. She was not issued a citation.

The incident comes a month after Bynes was



Amanda Bynes

arrested for driving under the influence after clipping a police car.

Love Hewitt gets cut down to size

Jennifer Love Hewitt has had so much attention paid to her breast lately that it's influencing her dreams.

"I actually had a nightmare the other night that people were trying to deflate my boobs while I was working," the Client List star tells Chelsea Handler during an interview. "They had tubes and I was trying to work, but they kept getting smaller," she said. "I was like, 'Guys, don't take them away! I'm getting issues about it, I think.'"

With good reason: Recently, ads for Hewitt's new series were modified



Jennifer Love Hewitt

without her knowledge to reduce the size of her breasts.

"Some random person decided they were supposed to be smaller," she says. "I still don't know who that person is."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Andy Cohen gabs with Metro



THE WORD

Dorothy Robinson
scene@metronews.ca



Andy Cohen ALL PHOTOS GETTY IMAGES

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious road to his rise as a pop culture guru and celebrity interview extraordinaire.

In his new book *Most Talkative*, Cohen opens up about dreaming of a life in television while watching *All My Children* as a kid, what it was like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.

"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There

were so, so many details from my time at CBS, what a jack-ass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON

Congrats to one of our own

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.



Jay-Z

Jay-Z: My daughter will likely be spoiled rotten

Jay-Z is planning to do the best he can to raise daughter Blue Ivy Carter right, but he resigned himself to the fact that she'll have it pretty easy in life.

"I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with

Oprah Winfrey. "Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever." At least the rap mogul is ready for the inevitable resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.

It pays to be Jennifer Lopez's boyfriend

Getting close to Jennifer Lopez can certainly be a career boost — at least for Casper Smart, Lopez's 24-year-old boyfriend and backup dancer.

The singer announced that Smart would be serving as one of the choreographers for her new world tour, according to *Us Weekly*.

"I'm working with [choreographer] Jamie King, and also Casper Smart," Lopez said. "It's going to be an amazing, amazing show." Smart has reportedly become an important part of Lopez's life, both personally and professionally.

Sources say he's moved into her L.A. home and sits in on business meetings — and even directed her latest music video.

"He provides what she



Jennifer Lopez

hasn't had in years. He's very supportive and devoted," a source says.

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LIFE

DIY

Homemade popsicles

I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.

You'll need: one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water. Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy.

SHARON DEVELLIS,
YUMMYMUMMYCLUB.CA

On the Web



Skeptics question whether Vogue went far enough to promote healthier models

Health

Do dads get depressed, too?

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some

sort of postnatal depression.

To most, it seems odd to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment. JULIE GREEN, YUMMYMUMMYCLUB.CA



Study suggests new dads can suffer from a form of depression. ISTOCK

Money

Paying your babysitter

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs

means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.

- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ,
YUMMYMUMMYCLUB.CA

Ready to reveal your baby's gender? Keep it trendy

Boy or girl? Here are some ways of making the big announcement to friends and family

LISA
THORNBURY
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of three parties:

Gender-Reveal Cakes
Have your secret-keeper deliver the piece of paper to a baker and have the bakery make a cake — neutral on the

More party tips

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

Balloons In A Box

Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

Unwrap a Gift

Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find out the sex with your spouse privately before the party so you are prepared to celebrate



Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

when everyone else finds out. A fun touch would be to have guests wear either pink or blue

to indicate their gender prediction. The losing team cleans up after the party.

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Sharability



Give your sweet tooth something to smile about



This recipe serves eight to 10 people. THE CANADIAN PRESS H/O

Raspberry Semifreddo. This luscious dessert uses creamy avocados and sweet raspberries

For something different, try this light and creamy dessert

made with the goodness of avocados and speckled with cool bursts of sweet raspberries. You have never tasted a dessert like this before.

1. In a standing mixer, whip egg whites to form medium peaks, then slowly add icing sugar until mixture becomes glossy with stiff peaks, about

8 minutes. With a rubber spatula, scrape into a large bowl and set aside.

2. In a stand mixer, whip the cream to form stiff peaks. Add to egg white mixture, folding gently so as not to incorporate too much air. Puree the avocados with a hand blender or food processor and add them to

Ingredients

- 3 egg whites
- 250 ml (1 cup) icing sugar
- 175 ml (3/4 cup) whipping cream
- 2 avocados
- 375 ml (1 1/2 cups) fresh raspberries, divided
- 6 mint leaves, for garnish

cream and egg white mixture. Fold all together and incorporate 250 ml (1 cup) of the raspberries.

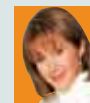
3. Line a 23-by-12-cm (9-by-5-inch) baking dish with plastic wrap. Add semifreddo mixture, smoothing surface to flatten. Freeze uncovered for at least 3 hours.

4. To serve, dip the dish in about 5 cm (2 inches) of hot water to slightly melt edges. Dry the baking dish and invert the dessert onto serving plate. Remove plastic wrap and top with remaining raspberries and mint. Slice and serve.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO, AVOCADOSFROMMEXICO.COM

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For those days when you're too tired to cook, reaching for a ready-made soup is a natural choice. Watch which can you grab, though.

Campbell's Chunky Chicken Corn Chowder (1 cup)

240 calories/ 11 gm fat/ 650 mg sodium

Even though it's filled with veggies and chicken, there's also the addition of cream, which adds to the calories and fat.



Equivalent

One cup of Campbell's Chunky Chicken Corn Chowder is equal, in fat, to 11 chicken skewers from Blue Menu.



Campbell's Chunky Chicken Vegetable (1 cup)

150 calories/ 5 gm fat/ 630 mg sodium

This veggie-based soup comes in with less calories and half the fat than the chicken corn chowder.



With strawberry season around the corner, get baking

1. Pastry: In food processor, combine flours, butter and salt. Pulse until butter is just distributed through flour. Add water and pulse again, just until distributed. Pulse 2 more times. Dough should still be crumbly and dry.

2. Pour dough onto counter. Press into rectangle (20 by 30 cm/8 by 12 inches). Fold dough in half, then use rolling pin to roll it back to a 20-by-30-cm (8-by-12-inch) rectangle. Fold dough in half again and place on a baking sheet. Cover with plastic wrap and refrigerate for 20 minutes.

3. While pastry rests, in bowl, toss together strawberries, lemon juice, salt and 125 ml (1/2 cup) of the sugar. Let sit for 10 minutes.

4. Once pastry has rested, roll it out once again to a 20-by-30-cm (8-by-12-inch) rectangle. Repeat folding and rolling process one more time, but this time roll it to a 25-cm (10-inch) round. Place dough in freezer until fruit is ready.

5. Heat oven to 200 C (400 F).

6. In 23-cm (9-inch) oven-safe skillet over medium-high heat, melt 50 ml (1/4 cup) of butter.



This recipe serves eight. THE CANADIAN PRESS H/O

Add remaining 125 ml (1/2 cup) sugar and cook until it turns golden-brown, 10 mins.

7. Add apricots, strawberries and any juices from bowl to pan and continue cooking on high heat until fruit is soft and begins to caramelize, 10 mins. In glass, stir cornstarch and water. Add to skillet and stir gently to mix. Bring to a boil,

then remove skillet from heat.

8. Place pastry over fruit, fitting down tightly into pan. Use paring knife to cut several slits in top centre of pastry. Bake until golden brown, 30 mins. Remove from the oven and let sit 30 mins. to allow filling to set up.

9. Run a knife around the edge

Ingredients

Pastry

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) cake flour
- 250 ml (1 cup/2 sticks) unsalted butter, cut into pieces
- 1 ml (1/4 tsp) salt
- 75 ml (1/3 cup) ice water

Topping

- 2 containers (each 500 g/16 oz) fresh strawberries, hulled and halved
- 10 ml (2 tsp) lemon juice
- Pinch of salt
- 250 ml (1 cup) sugar, divided
- 50 ml (1/4 cup/1/2 stick) butter
- 1 bag (198 g/7 oz) dried apricots
- 45 ml (3 tbsp) cornstarch
- 50 ml (1/4 cup) water

of skillet to loosen pastry. Place round platter or large plate over pan and carefully but quickly overturn the pan so plate is on the bottom. Lift pan off the serving plate to reveal tart. Serve warm or at room temperature.

THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Quince-Filled Chocolate Marzipan Bonbons

1. Line plate with parchment paper. Cut tube of marzipan into 14 equal portions. Form each into round, shallow cup. Fill cup with about 2 ml (1/2 tsp) of quince paste, then carefully fold sides of cup up over filling and roll in your hands to form a tight ball. Set aside.

2. Place chocolate melts in microwave-safe measuring cup. Microwave on high 1 minute, stopping every 20 seconds to stir, or until completely melted.

3. One at a time, use fork to

lower marzipan balls into melted chocolate. Use fork to lift it from chocolate, tapping gently on the side of cup to remove excess chocolate, then set bonbon on prepared plate. Drying can be sped up by placing plate in refrigerator for several minutes. THE ASSOCIATED PRESS

Ingredients

- 1 tube marzipan
- 30 ml (2 tbsp) quince paste
- 125 g (4 oz) chocolate melts

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metro

NURSING WEEK

Monday, May 7, 2012

Involved in every stream of our society

JON TATTIRIE
For Metro

The first image many people have of a nurse is of a harried health professional dealing with urgent situations in a hospital, but nurses work in almost every sector of our lives, says the executive director of the Canadian Nurses Association (CNA).

Rachel Bard, who previously worked in the New Brunswick government, says it starts in the community

with health promotion and illness prevention work via the school system. Nurses also work in nursing homes, private homes, psychiatric institutions and as “street nurses” reaching out to homeless people.

“Nurses week is really a mechanism to profile the contribution that nurses bring to the health-care system,” she says. “With 266,000 registered nurses working across our nation, nurses are directly involved with patients, families and commu-

ities. Nurses are involved in every level and every stream of society.”

Bard says nurses play an important role in contributing to the policy level of health care in Canada. She points to the work with P.E.I. Premier Robert Ghiz where nursing organizations are helping shape best practice policies and developing models of care in the province.

The collaborative approach with government, nurses and doctors is spreading across Canada, she says.

“It’s a positive step of including nurses in such an important area of trying to transform how we do business and bring some standardized approach across the country,” Bard says.

The CNA also lobbies the case that nurse practition-

ers — registered nurses (RNs) with advanced training and capabilities — should be used to improve access to health care and reduce wait times in rural areas that do not have good access to primary health-care providers such as doctors.

Judith Shamian, CNA’s president, says nurse practitioners (NPs) can provide high-quality care for patients,

order tests, prescribe medications, and diagnose and manage chronic illnesses.

They work in a wide variety of settings including community clinics, doctor’s offices, nursing homes, and hospitals.

“As Canadians, we’re proud of and grateful for this country’s health-care system, but it’s time to recognize we deserve even better,” she says.



Employers are holding internal events and each provincial association is organizing events to mark National Nursing Week. The CNA lists some regional events on its website (cna-aifc.ca). THOMAS NORTH CUT/DIGITAL VISION/THINKSTOCK

AT YOUR SIDE ON YOUR SIDE

Alberta's nurses are dedicated to your health and the health of your family. We advocate for a properly staffed and supported public health care system, so that we can always provide the care you need, when you need it.

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Nursing is a challenging, but rewarding, career and jobs will continue to be available as senior nurses begin to retire. ISTOCKPHOTO/THINKSTOCK

NPs play vital role in our daily lives

JON TATTRIE
For Metro

Nurse practitioners play a vital role in Canada's health-care system and are key to improving access in the future, according to the Canadian Nurses Association.

In October, the CNA launched a campaign to promote NPs and how they can play a role in ensuring access to primary health-care providers for the five million Canadians who have limited or no access.


"Nurse practitioners have played a valuable and essential role in the system for many decades. Given the stress the health-care system is currently under, now is the time to realize just how much more value nurse practitioners can bring to Canadians' health care," says CNA president Judith Shamian.

She adds that hiring more nurse practitioners will reduce wait times, improve access and enhance care for patients.

NPs are registered nurses with additional experience and who have completed a two-year masters/NP training program. It allows them to order tests, prescribe medications and diagnose and manage chronic illnesses. There are about 3,000 NPs in Canada, and CNA wants to see that number rise.


NPs can work in a range of situations, from community clinics and doctors' offices to nursing homes, hospitals and house calls.

Debbie Dicks is an NP in the rural Nova Scotia community of Sheet Harbour.



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Before she arrived, woman in the area had only two male physicians to go to for pap smears, breast exams and sexual health issues. She now offers monthly visits where she provides health care to about 20 women per trip.

"Women come to see me for a variety of reasons, mostly for their annual checkups, for their pap smears and breast exams, but also for issues around sexuality, contraception and menopause," she says.

Dick also works as an NP at a Middle Musquodoboit, N.S., medical practice, where she can diagnose patients, identify a disease

or disorder and tell that patient about it. As an NP, she can also perform minor surgeries such as a knee injection for arthritis patients, toenail removal, removing lumps or lesions.

She can also start a patient's medication plan, order most drugs and refer them to specialists. NPs can share a medical doctor's load so the MD is freed to perform tasks only they are able to carry out.

"It's a broader role," Dicks says.

"I see people from birth to death. It's a fairly autonomous role. Most days, I don't need to bring the doctor in for anything."

You will get thanked every day as a nurse

Career. Work with people who will experience a full range of life's highs and lows

Training

- Training for some aspects of nursing varies across Canada, but the basic registered nurse (RN) training takes between 18 and 24 months of university or college to earn a baccalaureate of nursing. An RN must then register with the regulatory body in the province or territory in which they will work.

JON TATTRIE
For Metro

Nursing is one the "greatest and hardest" careers available, says Linda Silas, president of the Canadian Federation of Nurses Union.

"You have to love people — individuals, families and communities," she says.

Nurses work with people experiencing the full range of life's high and lows — from victims of traumatic attacks or accidents in the emergency room to families celebrating the birth of their child in the maternity ward to the elderly preparing to die. There are also nursing careers in public health and mental health, as well as in-home care or at care facilities.

Silas says the average nurse changes jobs every seven years. Their basic education as a registered nurse, licensed practical nurse or nurse practitioner, works in a wide range of jobs, but specific positions may require skills upgrading.

Silas says having more well-trained nurses helps everyone.

"It's a dual benefit. Our communities benefit the more nurses they have," she says.

"And for the individual who becomes a nurse — there are not many professions where you will get so many 'thank you's' every day."

It's a challenging profes-

sion, she says, as many nurse jobs require 24/7 coverage and so nurses will work day shifts, back shifts, weekends and holidays.

"And working in very stressful situations," she adds.

Silas says two years ago, every nurse graduate walked into a job. Today, provincial budget cuts means it is a little harder to find the job you want where you want it, but there is still a lot of work, with more coming.

"The Maritimes, Alberta and Saskatchewan are the areas where the job openings are more numerous," she says. Would-be nurses in the rest of the country may have to move to another area in their province or territory and start on a casual or part-time basis.

Silas says it works in cycles and while the market is tighter now, it is likely to turn around as senior nurses retire.

The average age of a nurse is 48, meaning new jobs will begin to open up over the next decade or so.

"You can't exchange us for machines. We will need as many nurses in the hospital sector, in the community and long-term-care sector, so jobs will come," she says.



Nurse practitioners play a broad role in our health-care system. ISTOCKPHOTO/THINKSTOCK

Nurses: 'The Health of Our Nation'

National Nursing Week is seven days to celebrate one of the most important professions in Canada. Given that

health care is largely a provincial and territorial responsibility, most specific events to mark the week are being

organized by provincial and territorial organizations.

The overall theme is "Nurses — the Health of Our

Nation," and it aims to reflect the positive impact nurses have on Canadians' lives and well-being.

The theme is inspired by the International Council of Nurses, the global body that celebrates International Nurses Day May 12.

This year's theme has a double meaning, says Rachel

Bard, the executive director of the Canadian Nurses Association.

"The 'health of our nation' is certainly applicable for nurses, because it is how they contribute the most — looking and seeing how we can influence the health-care system, and also in terms of how we can influence policy,

improving access and reaching out to the population to promote better health," she says.

National Nursing Week runs from May 7-13. A list of some of the events being held across Canada can be found under the "events" section of cna-aic.ca.

JON TATTRE

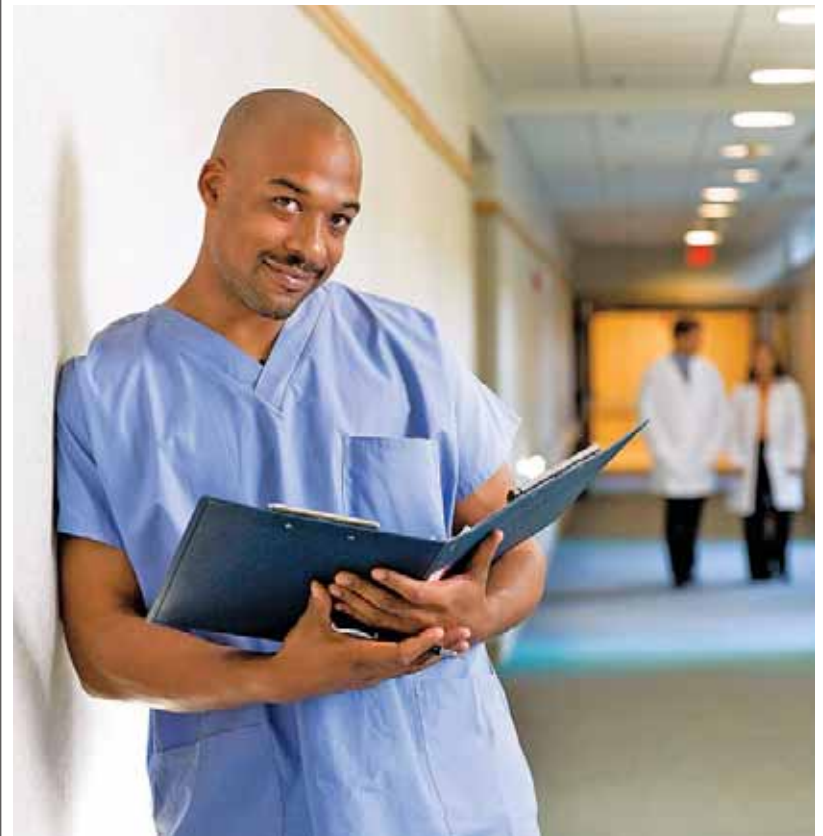


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National Nursing Week aims to reflect the positive impact nurses have on the lives of Canadians.

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Leap of faith leaves a big imprint on franchise owner

Copy that. Iain Scott encourages other entrepreneurs to be unafraid to take chances



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years, Iain Scott did what many of us long to do: he quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

The one-stop shop for small business owners with



Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an opti-

mist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Today, Iain has started a

second franchise called Instant Imprints which will help business owners with branding and promotion.

"Being an entrepreneur gives you determination

over your own future," he notes.

"At the end of the day, you're building equity and it will become an investment for your retirement."

Expert advice

Iain Scott's key tips for business success:

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

High hopes

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Iain Scott, business owner

Starting a career in 'can I get you anything else?'

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BRUCE WALSH
life@metronews.ca

In 2007, Konstantinos Bastas was managing his parents' diner on the Upper East Side of Manhattan, but found himself daydreaming of an alternative career.

"I knew restaurants

Born for the business

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me."

Konstantinos Bastas



Think you can provide better service? Consider hospitality studies. ISTOCK

weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me," says Bastas.

He initially considered applying for an MBA program, but then discovered the M.S.

in Hospitality Industry Studies at NYU. Bastas completed his degree last year.

After a short stint at the Ritz Carlton Central Park, he founded his own luxury travel consultant business, Bastas Travel Consultants.

"A master's degree teaches you the practical stuff:

hospitality formulas, marketing, revenue management.

But the most important thing for me in those two years is relationship-building — having professors who are industry leaders, and being around other students who are involved in the industry."

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Save some green by driving green

Car shopping.

Scotiabank aims to remove some of the financial sting when you purchase a clean vehicle

BEN
KNIGHT
life@metronews.ca

The arguments in favour of driving an eco-friendly car get stronger every day. But as soon as your heart is set on a hybrid, electric or clean-diesel vehicle, your wallet becomes concerned about financing.

The good news is that green vehicles are becoming more and more affordable, and now one of Canada's biggest banks has launched a new program to help you drive cleaner — for less.

By the numbers

16,167

Number of registered hybrid electric cars on the road in Canada in 2009.

"We found, through research and just talking to our customers, that there was real void out there in terms of our customers finding out how they could make greener choices, and at the same time save some money," says Kaz Flinn, vice-president of corporate social responsibility for Scotiabank.

The EcoLiving Auto Loan program was announced in late March. It offers a quarter of a percentage point off the bank's standard lowest fixed rate.

"It's one component of our larger Scotiabank EcoLiving program," Flinn explains.

"The program is based on a lot of residential issues — renovations and things like that. But where we noticed there's also a growing interest with customers was in making purchases of more efficient automobiles."

We're entering a time of

year where the auto industry traditionally does good business. For an ever-increasing number of Canadian motorists, the time to decide whether to step away from a traditional gas-burning car is now.

"This is spring, and sales are picking up, and I certainly see that the number of sales of hybrids or electric cars is increasing," Flinn says. "And there is a growing increase in clean vehicles, and consumers need information to make financial choices."

The loans are available at the bank's partner dealerships across Canada, so your car and finance questions can be handled simultaneously.

"This is about Canadians making green choices that will save energy and save money," Flinn concludes.

"I think they are very in tune with fuel prices, and with the environment and wanting to contribute something. And if there are choices out there for them and opportunities are given to them to be able to make the green choice, then they're looking towards that. We want to help them — from a competitive-pricing point of view."

For more info, visit ecoliving.scotiabank.com.

Queen of Green

Toxic home cleaners



QUEEN
OF GREEN
Lindsay Coulter
green@metronews.ca

What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)?
Jolene — Winnipeg

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which

may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petrochemical-based cleaners and some plant-based ones. Adria Vasil, author of *Ecologic Home*, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at springbreakup.ca.

When you sign up, you'll be entered for a chance to win the grand prize: a \$300 Rona gift certificate and a Queen of Green home makeover! Yes, I'll actually come to your home and help you green your life.

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metro

SUMMER CAMPS

Monday, May 7, 2012



Summer camps can help children learn everything from figuring out how to be more independent to mastering outdoor activities like camping or a new sport. ISTOCKPHOTO/THINKSTOCK

Summer is time for adventure

Activity. Going away to camp allows children to learn through controlled risk

ASTRID
VAN DEN BROEK
For Metro

Overnight camps, and even day camps, can cost more than a few bucks.

But then again, it's money well spent isn't it?

What exactly does your child — and you as the par-

ent — get out of the experience?

For children, the benefit of heading off to camp is clear, says Bronco Cathcart.

"At camp I see the value in safe but unstructured play," says Cathcart, the executive director of the Sasamat Outdoor Centre in Belcarra, B.C.

"We provide a lot of activities for kids, but within the scope of that they're allowed to be adventurous and they're allowed to take some controlled risk. Most children in most home environments now, well risk

is something parents fear rather than encourage. And kids really learn from that controlled risk."

That learning can be everything from figuring out how to be a more independent person to mastering a new sport such as archery or appreciating the environment given their natural surroundings.

"Children can be exposed to a broader range of skills, experiences, social time and activities than they are able to afford within the home environment," adds Michele George, inter-

im executive director of the Edmonton-based Alberta Camping Association.

Children attending camp tend to be fitter and healthier as well and are more inclined to participate in physical activity, George adds.

What about parents? What do they get out of it, other than a weeklong breather from parenting?

"One of the biggest things for parents is that they learn to let go. While children can get homesick, it's the parents who are homesick for their kids. It's the par-

ents that are having a difficult time breaking from the child or understanding that the child is ready for a break from them," says Cathcart.

"That's a big learning step for parents, sending their kids away for the first time."

"Time apart from their children can enhance the personal development of both parent and child," adds George. "And that can enhance the relationship in the longer term."

So how can you go about picking the right camp for your child?

Ask other parents who

you know for their recommendations.

"Parents know when their children have had good experiences," says Cathcart.

"All the advertising in the world won't have the same value as what you're hearing from kids and parents."

Also look for a camp accredited or affiliated through a provincial association, such as George's Alberta Camping Association or through the national Canadian Camping Association.

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Preparation. Learn the ABCs of camp life

KELLY
PUTTER
For Metro

If your little camper is anxious about sleep-away camp this summer, don't sweat it

because that reaction is natural.

What you can do to calm fears is prepare your kids for their first overnight camp adventure by having a chat that covers the ABCs of camp life.

"Talk to your kids about what camp is," recommends Ruth Mills, a family camp director at the YMCA's Wanakita camp in Haliburton, Ont. "Get talking about what they're excited about and what they're

nervous about and you'll work at identifying, and possibly sorting through, some of their worries."

Camps typically send out a schedule of daily activities, which parents should go over with their novice campers. This helps children understand what they are getting into and it sets up expectations that can ease fears before they leave home.

Mills suggests packing a journal or letter-writing material for your child, which serves as a symbolic link to home.

"It's important to be able to tell that story," Mills says. "It encourages kids to be

aware of their experience at camp and helps them stay connected with home. It gets them thinking about sharing their story."

Some families actually hold camp-themed sleepovers in anticipation of their child's camp experience. Friends with sleeping bags in tow are invited to sleep in a tent, which is set up in the backyard. Parents and kids roast marshmallows, play games and try to replicate camping life to get their child acquainted with the unfamiliar.

If your little camper has never had a sleepover or been to one, the months leading up to their first time away might

be a good time to initiate this childhood rite of passage.

"I do think kids do a lot better at camp if they've had sleepovers before," says Mills. "Typically, nighttime is the hardest time to adjust to camp. That's when it's quiet and there's opportunity to think of home and to miss mom."

Don't forget to pack things that will make camp seem more homelike, says Mills. Bring your pillow from home, which also helps kids sleep better. Younger children might want to bring a stuffed animal and teens should bring photos of family, friends or their favourite teen idol.



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Go over a schedule of activities with your child to help the child understand what their summer camp experience will be like. ISTOCKPHOTO/THINKSTOCK

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Home sickness. There's nothing to worry about

Tips. Listen to your children and hear them out about any of their concerns

ASTRID
VAN DEN BROEK
For Metro

First time your not-so-little-one-anymore heads off to overnight camp, home sickness is a real worry for both parents and some children. Here are five ways to combat this away-from-home hurdle.

PUT ON A HAPPY FACE

And use equally positive phrases to set up this new experience for your child.

"So don't say things like, 'I'll really miss you when you're gone' or 'Things won't be the same without you here,'" suggests Bronco Cathcart, executive director of the Sasamat Outdoor Centre in

Belcarra, B.C. "Instead, use positive statements like, 'I'll really look forward to hearing about all your new adventures when you get home.'"

BUDDY UP

"Parents should pick camps where children can take along one or more friends," says Michele George, interim executive director of the Edmonton-based Alberta Camping Association. "Our camps offer a discount for bringing friends."

PREP YOUR KIDS

Pre-loading the experience is vital, says George. "Parents should tell their kids what to expect when they get to camp," she says. Many camps offer information packages, so it's a good idea to sit down and read through the camp kit with your child.

KEEP THEM BUSY BEFORE THEY GO

"Once they're at camp, they are busy physically and men-



Parents should try to choose camps where children can take one or more friends so the kids won't get homesick. STOCKBYTE/THINKSTOCK

tally. And kids often get over being homesick quickly because of that," says Cathcart. "But if parents are encouraging that kind of activity as a lead-up to camp, then they're

already starting to alleviate that homesickness."

LEND AN EAR

Listen to your children and hear them out about the con-

cerns they might have over attending sleep-away camp — especially if they are camp newbies. "You have to take those concerns seriously, but don't build on them,"

suggests Cathcart. "Just reinforce to them that they're going to be in a place where they're well cared for and respected by the people that are there."

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Packing: Make it a family affair

KELLY
PUTTER
For Metro

Some of the fun of summer camp is in getting ready for the big day, and that means enlisting your child in the task of packing.

If that sounds like asking your dog to make dinner, there is a method to this rec-

ommended madness, says Ruth Mills, a family camp expert at the YMCA's Wanakita camp in Haliburton, Ont.

"It's all about preparing for camp so they'll recognize their stuff and so they know what went with them and what needs to come back home," says Mills. "If kids help pack they feel a sense of control over their bag. It's some-

thing familiar and one less new thing on the first day."

It's important that everything is labelled, she says. This rule is especially critical for younger campers whose belongings invariably become entwined with those of other campers.

Make sure your kids pack items that remind them of home — it's something that

lends a sense of comfort.

"Consider the fact that stuff has to travel on a bus or in a car and it has to be carried to your cabin," says Mills. "So you probably don't want to pack that giant stuffed cow you won at the (carnival)."

Don't pack belongings in garbage bags, which tend to weaken. Instead, use backpacks, a small suitcase, or a

duffel or hockey bag. Label all bags.

If there is one thing you spend money on in preparation for camp it should be rain gear, Mills suggests. Don't buy cheap ponchos. Pick up decent raincoats, waterproof pants and footwear.

"Campers will have a miserable time if it's wet and cold," she says.

Clothes aside, do include:

- a water bottle
- sunglasses
- bug repellent
- a cheap camera
- a flashlight
- a plastic ground sheet
- a sleeping bag
- sunscreen
- a hat
- two pairs of runners and two bathing suits.

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Prep can prevent nerves

Nine-year-old Sara walked into Joanne Kates' office last week clutching her mother's hand, too anxious to speak.

Her first overnight camp is months away, but she is already worrying she won't be able to fall asleep so far from home.

Kates, director of Camp Arowhon in Ontario's Algonquin Park, helped brainstorm ideas like a flashlight to read at night and an iPod to listen to music.

"You could see the relief on her face to see her fears acknowledged as normal. She was a Chatty Kathy when she left."

That's the kind of pre-camp prep that can go a long way towards easing your child's first camp experience.

Parents, too, can benefit from preparation.

Find out the director's qualifications and experience, written safety policies and who will be responsible for your child, says Catherine Ross, author of the ebook Preparing for Camp.

Ask what the first few hours of camp will be like and any other questions you may have about daily schedule or



Making children feel at home during summer camp can help ease nerves. INGRAM PUBLISHING/THINKSTOCK

food, suggests Howie Grossinger, president of Ontario Camps Association.

Once you feel more confident, it's time to help your child feel the same.

Ask your child: What are you looking forward to, what are you worried about. You can draw out your child's fears and anxieties and problem solve, she says.

Things you can talk about: Darkness (nights will be quieter, the stars brighter) and new friends (it will take some give-and-take to get along).

KIM ZARZOUR

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MAINTAIN A HEALTHY BALANCE

REAL LINK EXISTS BETWEEN MENTAL, PHYSICAL HEALTH

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

“We tend to talk about our physical and mental health problems separately,” he explains. “We rarely view them as linked, and our health services and funding are structured to support this view.”

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a



GOODSHOOT/THINKSTOCK

person’s overall health and well-being.

It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost \$4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another \$1 billion is spent on hospital visits, doctors’ fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated be-

fore they grow severe.

“Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination,” says Coleridge.

“We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.



FUSE/THINKSTOCK

“This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health.”

CMHA’s Mental Health Week is May 7-13. This year’s theme is “mental health for all” — a reminder that good mental health is achievable for everyone. To learn more, visit mentalhealthweek.ca.

I exercise alot.
Paul, 52, Manager

Hang out with my kids. They keep me balanced. Jyoti, 44, Teacher

I like being creative. It's my drug.
Zile, 67, Artist

I force myself to go out and stay social.
Behzad, 30, Grad Student

What do you do for your mental health?

Do more for yourself everyday. Because good health includes mental health. The Canadian Mental Health Association proudly kicks off its 61st annual Mental Health Week – May 7th to 13th. It’s time to talk, reflect, engage and celebrate mental health for all. [Find out more at www.MentalHealthWeek.ca](http://www.MentalHealthWeek.ca)

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Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.

4

SPORTS

IIHF world championship

Canada loses Vlasic to injury

The injury bug has bitten Canada once again at the IIHF world hockey championship. Defenceman Marc-Edouard Vlasic was ruled out of the tournament in Helsinki Sunday with a right leg injury, making him the second Canadian blue-liner to be sent home early after P.K. Subban. **THE CANADIAN PRESS**

On the web



Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.



Albert Pujols watches his first home run of the season leave Angels Park on Sunday. **JEFF GROSS/GETTY IMAGES**

MLB. Pujols ends streak of futility vs. Jays

Albert Pujols finally hit a home run for the Los Angeles Angels, ending the longest power drought of his career Sunday in a 4-3 win over the Toronto Blue Jays.

Pujols connected in the fifth inning for his first AL homer and his 446th overall.

The three-time NL MVP had gone 33 games and 139 at-bats dating to last year without a home run in the regular season. He had a three-homer game for the champion St. Louis Cardinals in the World Series and hit seven home runs in spring training.

Pujols drove a 2-2 pitch from

Sunday's game

4

Angels

3

Blue Jays

right-hander Drew Hutchison into the left-field bullpen for a two-run shot. Mike Trout doubled ahead of the home run and right before the pitch, Hutchison and catcher J.P. Arencibia had a conference on the mound.

Pujols homered in his 28th game and 111th at-bat with the Angels, who signed him to a 10-year, \$240-million US contract as a free agent in December and touched off a frenzy that resulted in more than 5,000 extra season tickets being sold.

The all-star slugger did not play in Saturday night's 6-2 victory after manager Mike Scioscia kept him out of the lineup for the first time.

Jerome Williams (3-1) was charged with three runs and eight hits in 6 2/3 innings.

Hutchison (1-1) gave up four runs and eight hits in 5 1/3 innings. **THE ASSOCIATED PRESS**

Kings sweep away Blues

NHL. Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same post-season.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs

Game 4	
3	1
Kings	Blues

into an empty net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.

THE ASSOCIATED PRESS



Kings netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. **HARRY HOW/GETTY IMAGES**

NFL

Seau's family re-thinking brain donation decision

San Diego Chargers chaplain Shawn Mitchell says Junior Seau's family is revisiting its decision to donate the former NFLers' brain for research into football-related injuries.

Mitchell said Sunday that the family, which is of Samoan descent, is consulting with a group of elders. He said it doesn't necessarily mean that the family won't donate Seau's brain.

THE ASSOCIATED PRESS

Kentucky Derby

Death at track being investigated as homicide: Police

Authorities say a man whose body was found early Sunday in a barn at Churchill Downs hours after the Kentucky Derby worked at the racetrack.

The victim was identified as 48-year-old Adan Fabian Perez, a Guatemala native, according to Jo-Ann Farmer, chief deputy coroner for Jefferson County. Farmer said he was identified by his 19-year-old son, who also works at the track.

"There's a suspicion of foul play," Farmer said Sunday evening. An autopsy is scheduled for Monday.

Louisville Metro Police say the death is being investigated as a homicide, but that there appears to be no connection to the track.

"At this point we don't have anything pointing to the fact that this had any association with Churchill Downs or the Derby itself," said Alicia Smiley, spokeswoman for Louisville Metro Police.

The body was found in a stable about 150 yards from where Saturday's Derby winner, Canadian-owned I'll Have Another, was kept.

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Devils push Flyers to edge of elimination

NHL. New Jersey a game away from conference final with win over undisciplined Philadelphia

Dainius Zubrus scored two goals and the New Jersey Devils rallied from an early two-goal deficit to push the Philadelphia Flyers to the brink of elimination with a 4-2 victory Sunday night in Game 4 of the Eastern Conference semifinal.

Zubrus put New Jersey ahead 3-2 late in the second period and iced it with an empty-net goal in the final minute.

Petr Sykora and Marek Zidlicky also scored for the Devils, who can advance to their first conference final since 2003 with a win in Philadelphia on Tuesday night.

In winning their third straight, the Devils let goalie Martin Brodeur have an easy night on his 40th birthday, outshooting Philadelphia 43-22. He even picked up an assist on Zubrus' final goal.

Scott Hartnell and Claude Giroux scored first-period goals for the Flyers, who once again were a step slow.

The Flyers seemed to come apart at the end of the game. Defenceman Kimmo Timonen took a foolish penalty in the closing minutes and Philadelphia never got off a good shot after pulling goalie Ilya Bryzgalov in the final minute.

In fact, Zubrus was about to score into an empty net when he was hooked. Still, the puck went off his stick and into the net.

That's how dominant the Devils were against a Flyers group that has fallen apart after knocking off the Pittsburgh Penguins.

New Jersey outshot Philadel-



Devils goalie Martin Brodeur makes a save as teammate Alexei Ponikarovsky collides with Philadelphia's James van Riemsdyk on Sunday in Newark, N.J. JULIO CORTEZ/THE ASSOCIATED PRESS

Game 4

4

Devils

2

Flyers

By the numbers

0

New Jersey has never lost a playoff series after taking a 3-1 series lead.

first lead with 2:13 left in the second period. The Flyers actually broke up a 3-on-1 break into their zone, but they lost sight of Zubrus, and Adam Henrique found him all alone in front for a shot that went in off Bryzgalov.

Getting a lift from its special teams, Philadelphia jumped to a 2-0 lead.

Hartnell gave the Flyers the lead, deflecting Giroux's shot past Brodeur seconds after Travis Zajac was tripped and took a retaliatory interference penalty.

Giroux, who had been invisible in the Devils' wins in Games 2 and 3, doubled the margin at 13:40 by beating the birthday boy on a 2-on-1 short-handed tally after taking a great break-in-pass from Maxime Talbot.

THE ASSOCIATED PRESS

NBA. Anthony's 41 burns Heat in must-win Game 4



Carmelo Anthony shoots over Miami's Shane Battier on Sunday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Amare Stoudemire raised his hands in the air, one covered in padding, as streamers fell from the ceiling above him.

Finally, New York could celebrate an NBA playoff win again.

Carmelo Anthony scored 41 points, Stoudemire had 20 points and 10 rebounds in his return from a cut hand, and the Knicks snapped an NBA-record, 13-game post-season losing streak by beating the Miami Heat 89-87 Sunday in Game 4 of their first-round series.

"I think it's the first of many," said Stoudemire, his left arm back in a sling to keep his hand elevated. "Tonight was a great win for us, for our fans

Game 4

89

Knicks

87

Heat

to finally get over that hump of those consecutive games that we lost, I guess the Knicks lost, over those years in the playoffs."

Anthony made a tiebreaking three-pointer with 54.5 seconds left as the Knicks overcame another injury to win a

playoff game for the first time since beating Toronto on April 29, 2001. Baron Davis dislocated his right kneecap in the third quarter, just as the Knicks were making the run that got them back into the game.

"I'm just glad that we came together after that, kept our composure, kept on fighting," Anthony said.

LeBron James scored 27 for the Heat, who will try to close it out in Game 5 at home on Wednesday. Dwyane Wade had 22, but missed a 3-pointer on the last possession that would have given Miami a lengthy rest before starting the second round.

THE ASSOCIATED PRESS



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EAST DIVISION				
	W	L	Pct	GB
Baltimore	19	9	.679	—
Tampa Bay	19	10	.655	½
Toronto	16	13	.552	3½
New York	15	13	.536	4
Boston	11	16	.407	7½

CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	15	11	.577	—
Detroit	14	13	.519	1½
Chicago	13	15	.464	3
Kansas City	9	18	.333	6½
Minnesota	7	20	.259	8½

WEST DIVISION				
	W	L	Pct	GB
Texas	18	10	.643	—
Oakland	15	14	.517	3½
Seattle	13	17	.433	6
Los Angeles	12	17	.414	6½

Yesterday's results
L.A. Angels 4 Toronto 3
Baltimore 9 Boston 6 (11 innings)
Cleveland 4 Texas 2
Detroit 3 Chicago White Sox 1
N.Y. Yankees 10 Kansas City 4
Oakland 9 Tampa Bay 5
Seattle 5 Minnesota 2
Saturday's results
L.A. Angels 6 Toronto 2
Baltimore 8 Boston 2
Chicago White Sox 3 Detroit 2
Kansas City 5 N.Y. Yankees 1
Oakland 4 Tampa Bay 3 (12 innings)
Seattle 7 Minnesota 0
Texas 5 Cleveland 2 (11 innings)
Today's games — All Times Eastern
Chicago White Sox (Humber 1-1) at Cleveland (McAllister 1-0), 1:05 p.m. (1st game)
Chicago White Sox (Stults 0-0) at Cleveland (Tomlin 1-2), 7:05 p.m. (2nd game)
Texas (M.Harrison 3-2) at Baltimore (Matusz 1-3), 7:05 p.m.
Boston (Doubtrant 1-1) at Kansas City (J. Sanchez 1-1), 8:10 p.m.
L.A. Angels (Weaver 4-0) at Minnesota (Lirio 0-4), 8:10 p.m.
Detroit (Fister 0-0) at Seattle (Beavan 1-3), 10:10 p.m.

ANGELS 4, BLUE JAYS 3

Toronto	ab	r	h	bi	L.A. Angels	ab	r	h	bi
KJhnsn 2b	4	0	2	1	Trout cf	4	1	1	0
Thams lf	4	0	1	1	Mlzturs 2b	4	1	2	0
Bautist rf	4	1	1	0	Pujols 1b	4	1	1	2
Lind dh	3	0	0	0	KMoris dh	4	1	1	0
RDavis pr-dh	0	0	0	0	Trumo rf	3	0	2	1
Encnc 1b	3	0	0	1	TrHntf rf	1	0	0	0
Lawrie 3b	3	0	0	0	VWells lf	4	0	1	0
Razms cf	4	0	1	0	Callasp 3b	4	0	2	1
Arenci c	4	2	3	0	Aybar ss	3	0	0	0
Mathis pr	0	0	0	0	lanett c	3	0	0	0
Vizquel ss	4	0	1	0					
Totals	33	3	9	3	Totals	34	4	10	4
Toronto	001	001	100	— 3					
L.A. Angels	000	220	00x	— 4					
E—Pujols (1). DP—Los Angeles 3. LOB—Toronto 6, Los Angeles 6. 2B—Bautista (3), Trout (3), V.Wells (6). HR—Pujols (1). SB—M.Izturis (6). SF—Encarnacion.									
Toronto		IP	H	R	ER	BB	SO		
Hutchison L,1-1	5-1-3	8	4	4	0	0	6		
Oliver	1-3	1	0	0	0	0	0		
Fraser	1-3	0	0	0	0	0	0		
Janssen	1	1	0	0	0	0	1		
Villanueva	1	0	0	0	0	0	2		
L.A. Angels									
Williams W,3-1	6-2-3	8	3	2	1	4			
D.Carpenter H,1	1-3	0	0	0	0	0	1		
Frieri H,1	1	0	0	0	0	1	1		
S.Downs H,5	1-3	1	0	0	0	0	0		
Hawkins S,1-1	2-3	0	0	0	0	0	0		
T—251. A—37,548 (45,957) at Anaheim, Calif.									

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	18	10	.643	—
Atlanta	18	11	.621	½
New York	15	13	.536	3
Miami	14	14	.500	4
Philadelphia	14	15	.483	4½

CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	17	11	.607	—
Cincinnati	14	13	.519	2½
Houston	13	15	.464	4
Milwaukee	12	16	.429	5
Pittsburgh	12	16	.429	5
Chicago	11	17	.393	6

WEST DIVISION				
	W	L	Pct	GB
Los Angeles	18	10	.643	—
San Francisco	14	14	.500	4
Arizona	14	15	.483	4½
Colorado	12	15	.444	5½
San Diego	9	20	.310	9½

Yesterday's results
Atlanta 7 Colorado 2
Chicago Cubs 4 L.A. Dodgers 3 (11 innings)
Cincinnati 5 Pittsburgh 0
Miami 6 San Diego 3
N.Y. Mets 3 Arizona 1
Philadelphia 9 Washington 3
San Francisco 4 Milwaukee 3 (11 innings)
St. Louis 8 Houston 1
Saturday's results
Atlanta 13 Colorado 9
Houston 8 St. Louis 2
L.A. Dodgers 5 Chicago Cubs 1
Miami 4 San Diego 1
Cincinnati 3 Cincinnati 2
N.Y. Mets 4 Arizona 3
San Francisco 5 Milwaukee 2
Washington 7 Philadelphia 1
Tonight's games — All Times Eastern
N.Y. Mets (Niese 2-1) at Philadelphia (Halladay 3-2), 7:05 p.m.
Atlanta (Hanson 3-2) at Chicago Cubs (Samardzija 3-1), 8:05 p.m.
Miami (Zambrano 0-2) at Houston (W.Rodriguez 3-2), 8:05 p.m.
Cincinnati (Arroyo 1-1) at Milwaukee (Gallardo 1-3), 8:10 p.m.
St. Louis (Lynn 5-0) at Arizona (J.Saunders 2-1), 9:40 p.m.
Colorado (Pomeranz 0-1) at San Diego (Volquez 0-2), 10:05 p.m.
San Francisco (Zito 1-0) at L.A. Dodgers (Lilly 3-0), 10:10 p.m.

HOCKEY

IIHF MEN'S WORLD CHAMPIONSHIP
PRELIMINARY ROUND

Yesterday's results									
At Helsinki — Finland 1 Slovakia 0									
France 6 Kazakhstan 3									
Switzerland 3 Belarus 2									
At Stockholm — Italy 4 Denmark 3 (OT)									
Latvia 3 Germany 2									
Russia 4 Norway 2									
Saturday's results									
At Helsinki — U.S. 5 Canada 4 (OT)									
Switzerland 5 Kazakhstan 1									
At Stockholm — Russia 5 Latvia 2									
Sweden 4 Czech Republic 1									
Today's games — All Times Eastern									
At Helsinki									
France vs. Canada, 9:15 a.m.									
U.S. vs. Slovakia, 1:15 p.m.									
At Stockholm									
Czech Republic vs. Norway, 10:15 a.m.									
Denmark vs. Sweden, 2:15 p.m.									

NHL PLAYOFFS

STANLEY CUP

CONFERENCE SEMIFINALS

(Best-of-7)
All Times Eastern
EASTERN CONFERENCE
N.Y. RANGERS (1) VS. WASHINGTON (7)
(Series tied 2-2)
Saturday's result
Washington 3 N.Y. Rangers 2
Tonight's game
Washington at N.Y. Rangers, 7:30 p.m.
Wednesday's game
N.Y. Rangers at Washington, TBA
Saturday, May 12
x-Washington at N.Y. Rangers, TBA
PHILADELPHIA (5) VS. NEW JERSEY (6)
(New Jersey leads series 3-1)
Last night's result
x-Philadelphia at Philadelphia 2
Tomorrow's game
New Jersey at Philadelphia, 7:30 p.m.
Thursday's game
x-Philadelphia at New Jersey, TBA
Saturday, May 12
x-New Jersey at Philadelphia, TBA

WESTERN CONFERENCE
ST. LOUIS (2) VS. LOS ANGELES (8)
(Los Angeles wins series 4-0)
Yesterday's result
Los Angeles 3 St. Louis 1
PHOENIX (3) VS. NASHVILLE (4)
(Phoenix leads series 3-1)
Friday's result
Phoenix 1 Nashville 0
Tonight's game
Nashville at Phoenix, 10 p.m.
Wednesday's game
x-Phoenix at Nashville, TBA
Friday's game
x-Nashville at Phoenix, TBA
x — played only if necessary.

DEVILS 4, FLYERS 2

First Period
1. Philadelphia, Hartnell 3 (Giroux, Timonen) 11:50 (pp)
2. Philadelphia, Giroux 8 (Talbot) 13:40 (sh)
3. New Jersey, Sykora 2 (Zidlicky, Zajac) 15:14 (pp)
4. New Jersey, Zidlicky 1 (Salvador, Kovalchuk) 18:09
13:27, Hartnell Pha (interference) 8:55.
Penalties — Zajac NJ (interference) 8:55.
Second Period
5. New Jersey, Zubrus 2 (Henrique, Sykora) 17:47
Penalties — Couturier Pha (delay of game) 5:12.
Giroux Pha (illegal check to head minor) 19:56.
19:15 (en)
Penalty — Timonen Pha (holding) 16:24.

Shots on goal by
Philadelphia 7 5 10 — 22
New Jersey 16 16 11 — 43
Goal — Philadelphia: Bryzgalov (L5-5-0); New Jersey: Brodeur (W,7-3-0). **Power plays (goals-chances)** — Philadelphia: 1-2; New Jersey: 1-5.
Attendance — 17,625 (17,625) at Newark, N.J.
KINGS 3, BLUES 1
First Period
1. Los Angeles, Nolan 1 (Penner) 4:36
2. St. Louis, Shattenkirk 1 (Jackman) 11:34
3. Los Angeles, Brown 5 (Kopitar, Doughty) 18:17
Penalties — Stewart STL (tripping) 2:06,
Stewart STL, Nolan LA (fighting) 13:53, Stoll LA (holding) 14:14.
Second Period — No Scoring.
Penalties — Nichol STL (high-sticking) 4:48,
Los Angeles bench (too many men) served by King) 6:04, Doughty LA (interference) 8:03,
Backes STL (elbowing) 8:13.

Third Period
4. Los Angeles, Brown 6 (Kopitar, Greene) 19:34 (en)
Penalties — D'Agostini STL (boarding), Brown LA (slashing) 4:33, Nichol STL (double high-sticking) 8:00, Stoll LA (high-sticking) 9:29.
Shots on goal by
St. Louis 4 13 7 — 24
Los Angeles 10 2 7 — 19
Goal — St. Louis: Elliott (L3-4-0); Los Angeles: Quick (W,8-1-0). **Power plays (goals-chances)** — St. Louis: 0-3; Los Angeles: 0-5.
Attendance — 18,373 (18,118) at Los Angeles.

SCORING LEADERS

	G	A	PT
Giroux, Pha	8	9	17
Briere, Pha	8	4	12
Brown, LA	6	5	11
McDonald, STL	5	5	10
Zajac, NJ	5	5	10
Kovalchuk, NJ	4	6	10
Kopitar, LA	3	7	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
B.Richards, NYR	4	5	9

GOLF

PGA WELLS FARGO CHAMPIONSHIP
At Charlotte, N.C.
Final Round — Par 72 (36-36)
(x—won on first playoff hole)
x-Rickie Fowler, \$1,170,000 66-72-67-69—274
D.R. McIlroy, \$572,000 70-68-66-70—274
D.A. Points, \$572,000 66-68-69-71—274
Webb Simpson, \$312,000 65-68-69-73—275
Ben Curtis, \$237,250 65-70-71-67—277
Ryan Moore, \$237,250 65-70-68-74—277
Lee Westwood, \$237,250 71-72-68-66—277
Also
David Hearn, \$13,455 70-72-76-71—289

LPGA BRAZIL CUP

At Rio de Janeiro, Brazil
Final Round — Par 73
Pamanong Plathum, \$108,000 66-67—133
Amy Hung, \$83,990 72-65—137
Paula Creamer, \$54,031 69-69—138
Chella Choi, \$54,031 71-67—138
Amanda Blumenherst, \$27,637 72-67—139
Brittany Lang, \$27,637 68-71—139

NATIONWIDE STADIUM CLASSIC

At Athens, Ga.
Final Round — Par 71
Hudson Swafford, \$99,000 66-70-69-62—267
Luke List, \$48,400 66-67-70-65—268
Lee Janzen, \$48,400 65-72-66-65—268
Billy Horschel, \$26,400 69-63-69-68—269
Ty Van Aswegen, \$22,000 67-68-65-70—270
Also
Adam Hadwin, \$1,898 70-70-71-71—282
Brad Fritsch, \$1,691 71-68-73-73—285

AUTO RACING

NASCAR SPRINT CUP
AARON'S 499

At Talladega, Ala.
Yesterday's results
(starting position in parentheses)
1. (13) Brad Keselowski, Dodge, 194 laps, 120.1 rating, 47 points, \$305,745; 2. (21) Kyle Busch, Toyota, 194, 106.2, 43, \$263,298; 3. (10) Matt Kenseth, Ford, 194, 128.5, 43, \$225,701; 4. (5) Kasey Kahne, Chevrolet, 194, 88.4, 41, \$155,090; 5. (6) Greg Biffle, Ford, 194, 118.4, 40, \$143,540; 6. (24) Clint Bowyer, Toyota, 194, 82.9, 38, \$146,554; 7. (32) David Ragan, Ford, 194, 85.6, 37, \$137,723; 8. (11) Trevor Bayne, Ford, 194, 87.8, 0, \$110,565; 9. (18) Dale Earnhardt Jr., Chevrolet, 194, 88.4, 36, \$120,765; 10. (29) Jeff Burton, Chevrolet, 194, 83.3, 35, \$143,640.

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7)
All Times Eastern
EASTERN CONFERENCE
CHICAGO (1) VS. PHILADELPHIA (8)
(Philadelphia leads series 3-1)
Yesterday's result
Philadelphia 89 Chicago 82
Tomorrow's game
Philadelphia at Chicago, 9:30 p.m.
MIAMI (2) VS. NEW YORK (7)
(Miami leads series 3-1)
Yesterday's result
New York 89 Miami 87
Wednesday's game
New York at Miami, 7 p.m.
INDIANA (3) VS. ORLANDO (6)
(Indiana leads series 3-1)
Saturday's result
Indiana 101 Orlando 99 (OT)
Tomorrow's game
Orlando at Indiana, 7 p.m.
BOSTON (4) VS. ATLANTA (5)
(Boston leads series 3-1)
Last night's result
Boston 101 Atlanta 79
Tomorrow's game
Boston at Atlanta, 8 p.m.

WESTERN CONFERENCE
SAN ANTONIO (1) VS. UTAH (8)
(San Antonio leads series 3-0)
Saturday's result
San Antonio 102 Utah 90
Tonight's game
San Antonio at Utah, 8 p.m.
Wednesday's game
x-Utah at San Antonio, 8:30 p.m.
OKLAHOMA CITY (2) VS. DALLAS (7)
(Oklahoma City wins series 4-0)
Saturday's result
Oklahoma City 103 Dallas 97
L.A. LAKERS (3) VS. DENVER (6)
(L.A. Lakers lead series 3-1)
Last night's result
L.A. Lakers 92 Denver 88
Tomorrow's game
Denver at L.A. Lakers, 10:30 p.m.
MEMPHIS (4) VS. L.A. CLIPPERS (5)
(L.A. Clippers lead series 2-1)
Saturday's result
L.A. Clippers 87 Memphis 86
Tonight's game
Memphis at L.A. Clippers, 10:30 p.m.
Wednesday's game
L.A. Clippers at Memphis, 9:30 p.m.
x — played only if necessary

LACROSSE

NLL PLAYOFFS

DIVISIONAL SEMIFINALS

EAST DIVISION
Saturday's result — Toronto 7 Buffalo 6
Friday's result — Rochester 14 Philadelphia 13
WEST DIVISION
Saturday's results
Edmonton 19 Calgary 11
Minnesota 14 Colorado 10
DIVISIONAL FINALS
Saturday, May 12 — All Times Eastern
EAST DIVISION
Rochester at Toronto, 7 p.m.
WEST DIVISION
Edmonton at Minnesota, 9:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE							
	GP	W	L	T	GF	GA	Pts
Kansas City	9	7	2	0	12	5	21
D.C. United	11	5	3	3	20	15	18
New York	9	5	3	1	19	14	16
Chicago	7	3	2	2	9	9	11
Montreal	10	3	5	2	11	15	11
New England	9	3	6	0	8	12	9
Houston	6	2	2	2	7	8	8
Columbus	8	2	4	2	6	10	8
Philadelphia	8	2	5	1	5	9	7
Toronto	8	0	8	0	6	18	0
WESTERN CONFERENCE							
San Jose	10	7	2	1	21	11	22
Real Salt Lake	8	7	3	1	18	12	22
Seattle	11	6	1	11	3	3	19
Vancouver	9	5	2	2	9	7	17
Colorado	10	5	5	0	15	12	15
Dallas	10	3	4	3	10	14	12
Los Angeles	9	3	5	1	11	14	10
Chivas USA	9	3	6	0	5	11	9
Portland	9	2	5	2	9	13	9

Crossword

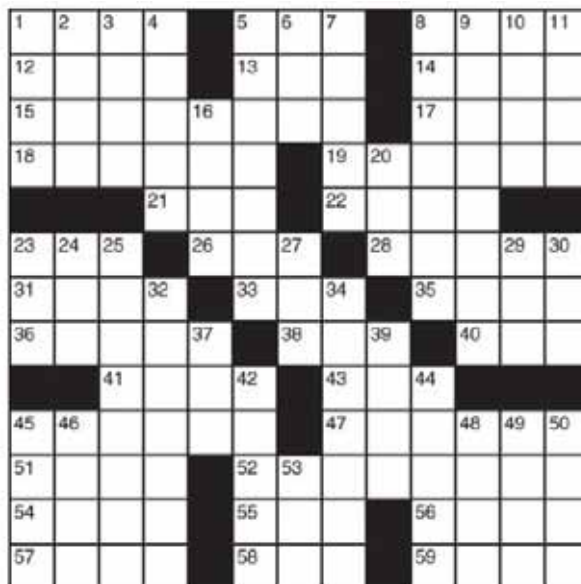
Across

- 1 One of the Three Bears
5 Humor
8 Ardor
12 Oscar-night clasher
13 Expert
14 "That hurts!"
15 Great elation
17 Soft cheese
18 Usher elsewhere
19 Soloist's elegy
21 To the — degree
22 Trade
23 Rushmore face
26 Scale member
28 Feudal figure
31 Praise to the heavens
33 "Golly!"
35 Ms. Turner
36 Went wan
38 Mischievous tyke
40 Enthusiast
41 Newspaper page
43 "Wham!"
45 "Scat!"
47 Canine coating
51 Cow-headed goddess
52 Mrs. Orpheus
54 "The Producers" chorus member
55 In favor of
56 Messes up

- 57 Air from a pair
58 Round Table address
59 — ex machina

Down

- 1 Juror, in theory
2 Chills and fever
3 Band in Boston
4 Hardly ruddy
5 Tusked African beast
6 Here (Fr.)
7 Lions and Tigers and Bears
8 Sole stud
9 Portuguese, e.g.
10 Low-pH
11 Yon folks
16 Feedbag fill
20 He gives a hoot
23 Jungfrau, for one
24 Sheepish remark
25 Extol
27 Mainlander's memento
29 Wildebeest
30 Cause corrosion
32 Passbook plus
34 Napoleon or Nero
37 Lair
39 Small horse
42 Ocean nadirs
44 Tested the waters



- 45 Tie
46 Jacob's twin
48 Muck

- 49 Beige
50 Not so much
53 Spoon-bender Geller

Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN PXRO FUEEN PXFLCXXT
PURO BEUQL JLFXXKLQURO
WVWJNFLRN BWQQP?
"OXXXCTL, XQK VWURN."
Yesterday's Cryptoquip: WHEN TWO BIG BOVINES PUT ON GLOVES AND START SPARRING, WOULD PEOPLE SAY THEY'RE BOXIN' OXEN?



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

MONDAY



MAX: 19°
MIN: 4°

TUESDAY



MAX: 23°
MIN: 10°

WEDNESDAY



MAX: 25°
MIN: 8°



MICHELE MCDUGALL

WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**

Horoscope

♈ Aries | March 21 - April 20.

You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.

♉ Taurus | April 21 - May 21.

With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.

♊ Gemini | May 22 - June 20.

This is no time to be cautious, especially when dealing with work and career issues.

♋ Cancer | June 21 - July 22.

If you expect others to play by the book then you must play by the book as well.

♌ Leo | July 23 - Aug. 22. Be a

little more daring over the next few days. Take the kind of risks that other people say you should not.

♍ Virgo | Aug. 23 - Sept. 22.

Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.

♎ Libra | Sept. 23 - Oct. 22. If

you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.

♏ Scorpio | Oct. 23 - Nov. 21.

Be bold, be brave and, above all, believe in yourself.

♐ Sagittarius | Nov. 22 - Dec. 21.

You can either meet a challenge

head-on or you can hide yourself away until it has gone.

♑ Capricorn | Dec. 22 - Jan 20.

You have set your sights high and won't rest until you have got your hands on the prize.

♒ Aquarius | Jan. 21 - Feb 18.

Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.

♓ Pisces | Feb. 19 - March 20.

You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.

SALLY BROMPTON

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



Caption Contest

"Still got that monkey on your back?"

Jeffrey

MARTIN MEISSNER/THE ASSOCIATED PRESS



Calibre showhome in Trumpeter

The only thing more attractive than a Sabal home is the price...



Now building in Secord, Trumpeter and McConachie.

New laned showhomes in Secord opening May 26

SABAL



the uncommonly stylish homebuilder

sabalahomes.com



